

Delta Lake Course & Age Group Records

*2022 Began new run course

Updated 2026

DELTA DOUBLE

COURSE RECORD

COMBINED TIME	AGE GROUP	NAME	SPRINT	OLYMPIC	CITY/STATE	YEAR
TRIATHLON						
3:00:58	M25-29	Christopher Halsey	1:00:34	2:00:24	Ithaca, NY	2022
3:31:37	F45-49	Jade Barth	1:10:39	2:20:58	Syracuse, NY	2026
AQUABIKE						
1:59:15	M50-54	Simon Woods	40:01	1:19:14	Pittsford, NY	2026
2:17:59	F65-69	Karin Daun	47:56	1:30:03	Brownsburg, IN	2026

Age Group Records

COMBINED TIME	AGE GROUP	NAME	SPRINT	OLYMPIC	CITY/STATE	YEAR
4:00:36	F15-19	Sarah Peebles	1:13:45	2:46:51	Lowville, NY	2024
3:50:40	F20-24	Sydney DeLapp	1:17:58	2:32:42	Oswego, NY	2023
3:45:16	F25-29	Kimberly Pedrotti	1:17:17	2:27:59	Fairpoint, NY	2022
4:14:54	F30-34	Erica Parriott	1:23:48	2:51:06	Ringwood, NJ	2024
4:28:02	F35-39	Dana Finch	1:24:08	3:03:54	Manlius, NY	2022
3:51:31	F40-44	Dana Cooreman	1:15:30	2:36:01	New Hartford, NY	2024
3:31:37	F45-49	Jade Barth	1:10:39	2:20:58	Syracuse, NY	2026
4:12:51	F50-55	Nicola MacNeil	1:20:47	2:52:04	Rotterdam Junction, NY	2023

COMBINED TIME	AGE GROUP	NAME	SPRINT	OLYMPIC	CITY/STATE	YEAR
4:23:18	F70-74	Victoria Pedersen	1:26:35	2:56:43	Sherrill, NY	2026
3:00:58	M25-29	Christopher Halsey	1:00:34	2:00:24	Ithaca, NY	2022
3:59:36	M30-34	Johnathan Duddleston	1:10:03	2:49:33	Rome, NY	2022
3:18:31	M35-39	Ian McGrew	1:07:33	2:10:58	Kingston, NY	2024
3:21:42	M40-44	Greg Smith	1:08:27	2:13:15	Rome, NY	2024
3:07:42	M45-49	Chris Mizener	1:02:57	2:04:45	Fort Worth, TX	2024
3:21:17	M50-54	Simon Woods	1:06:08	2:15:09	Pittsford, NY	2023
3:50:38	M55-59	Petar Kodzas	1:12:51	2:37:47	Rochester, NY	2024
3:17:16	M60-64	Peter Konecny	1:07:21	2:09:55	Ottawa, ONTARIO	2023

OLYMPIC COURSE

COURSE RECORD - OLYMPIC

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
1:50:44	Tim Russell	Saratoga Springs, NY	2023	M30-34
2:06:41	Abbie Sullivan	Manlius, NY	2023	F25-29

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR	DELTA DOUBLE FINISHER
2:46:51	F15-19	Sarah Peebles	Lowville, NY	2024	YES
2:34:42	F20-24	Sydney DeLapp	Oswego, NY	2025	YES
2:06:41	F25-29	Abbie Sullivan	Manlius, NY	2025	
2:22:43	F30-34	Chelsea Conway	Rochester, NY	2025	

2:14:19	F35-39	Samantha Davies	Tupper Lake, NY	2022	
2:07:04	F40-44	Annaleigh Porter	Syracuse, NY	2026	
2:20:58	F45-49	Jade Barth	Syracuse, NY	2026	YES
2:31:24	F50-54	Jennifer Kresge	Rexford, NY	2023	
2:19:41	F55-59	Lynne Leary	Fairport, NY	2026	
2:25:59	F60-64	Chris McCloe	Endicott, NY	2026	
2:20:03	F65-69	Beth Stalker	Chestertown, NY	2026	
2:56:43	F70-74	Victoria Pedersen	Sherrill, NY	2026	YES
3:21:21	F75-79	Deborah Bliss	Spencer, NY	2024	
TIME	AGE GROUP	NAME	CITY/STATE	YEAR	
2:17:25	M15-19	Alex Ludwig	Oneida, NY	2026	
2:11:53	M20-24	Ben DeGirolamo	Manlius, NY	2026	
2:00:24	M25-29	Christopher Halsey	Ithaca, NY	2022	YES
1:50:44	M30-34	Tim Russell	Utica, NY	2023	
2:00:57	M35-39	Josh Edmonds	Cooperstown, NY	2025	
1:55:27	M40-44	Tiago Barreira	Syracuse, NY	2023	
2:04:22	M45-49	Darren Schutt	Webster, NY	2025	
1:56:39	M50-54	Tjibbe Lambers	Cooperstown, NY	2026	
2:13:04	M55-59	Matthew Kresge	Rexford, NY	2026	
2:09:55	M60-64	Peter Konecny	Ottawa, Ontario,CA	2025	
3:09:13	M65-69	Kurt Olander	Pine Bush, NY	2026	
2:59:13	M70-74	Bill McManus	Baldwinsville, NY	2024	
3:14:34	M75-79	Richard O'Neil	Fayetteville, NY	2025	
AquaBike					
TIME	AGE GROUP	NAME	CITY/STATE	YEAR	
1:19:14	M50-54	Simon Woods	Pittsford, NY	2026	YES
1:30:03	F65-69	Karin Daun	Brownsburg, IN	2026	YES

Relay Team					
2:07:00		Heyer/Jishi	Chevy Chase, MD	2025	

SPRINT COURSE

COURSE RECORD - SPRINT

TIME	NAME	CITY/STATE	YEAR	AGE GROUP
0:59:31	Ryan Kreuser	Newark, NY	2026	M25-29
1:08:22	Annaleigh Porter	Syracuse, NY	2024	F35-39

Age Group Records

TIME	AGE GROUP	NAME	CITY/STATE	YEAR	DELTA DOUBLE FINISHER
1:09:55	F10-14	Paige Sherwood	Morris, NY	2026	
1:08:46	F15-19	Raquelle Landa	Clifton Park, NY	2023	
1:17:58	F20-24	Sydney DeLapp	Oswego, NY	2023	YES
1:13:17	F25-29	Rebecca Sherwood	Fayetteville, NY	2026	
1:09:10	F30-34	Kelli Carsten	Syracuse, NY	2024	
1:08:22	F35-39	Annaleigh Porter	Syracuse, NY	2024	
1:15:30	F40-44	Dana Cooreman	New Hartford, NY	2024	YES
1:10:39	F45-49	Jade Barth	Syracuse, NY	2026	YES
1:14:15	F50-54	Vicki Cross	Davenport, NY	2026	
1:11:46	F55-59	Claudette Mainville	Carthage, NY	2026	
1:19:27	F60-64	Betsey Nicol	Copenhagen, NY	2022	

1:13:54	F65-69	Susan Kreplin-Michaels	Auburn, NY	2023	
1:24:15	F70-74	Nancy Johnson	Jamestown, NY	2026	
1:57:12	F75-79	Ellen Boettrich	Hilton, NY	2026	
1:55:54	F80-84	Sibyl Jacobson	Palm Beach Gardens, FL	2024	
TIME	AGE GROUP	NAME	CITY/STATE	YEAR	
1:25:52	M10-14	Burke Beuttenmuller	Watertown, NY	2026	
1:04:14	M15-19	Mason Bergeron	Delmar, NY	2026	
1:03:23	M20-24	Michael Peebles	Lowville, NY	2023	
59:31	M25-29	Ryan Kreuser	Newark, NY	2026	
1:10:03	M30-34	Jonathan Duddleston	Rome, NY	2022	YES
1:03:08	M35-39	Chad Penoyer	Brewerton, NY	2024	
1:03:44	M40-44	Michael Sikorski	New York, NY	2023	
1:01:53	M45-49	Michael Sikorski	New York, NY	2026	
1:01:46	M50-54	Erik Heyer	Chevy Chase, MD	2026	
1:08:07	M55-59	Dan Murphy	Cornelius, NC	2026	
1:07:20	M60-64	Michael Harris	Chaumont, NY	2024	
1:08:30	M65-69	Gary Earl	Weedsport, NY	2026	
1:15:53	M70-74	Roger Learn	Troy, NY	2026	
1:15:09	M75-79	Tim Reardon	Watertown, NY	2024	
1:32:57	M80-84	David Dibelius	Lake George, NY	2026	
AquaBike					
TIME	AGE GROUP	NAME	CITY/STATE	YEAR	
40:01	M50-54	Simon Woods	Pittsford, NY	2026	YES
47:36	F65-69	Karin Daun	Brownsburg, IN	2026	YES
Relay Team					
1:07:31		Triple Threat	Rome, NY	2026	